



WHI Follow-Up Dataset
Form 147 - OS Questionnaire Year 7

Data File: f147_av7_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

Participant ID

Variable #	1	Usage Notes:	none
Sas Name:	ID	Categories:	Study: Administration
Sas Label:	Participant ID		
Type:	Continuous		

F147 Days since enrollment

Variable #	2	Usage Notes:	none
Sas Name:	F147DAYS	Categories:	Study: Administration
Sas Label:	F147 Days since enrollment		
Type:	Continuous		

F147 Current weight lbs

What is your current weight?

Variable #	3	Usage Notes:	none
Sas Name:	WTCUR_7	Categories:	Medical History: Height/Weight History Physical Measurements: Height/Weight History
Sas Label:	Current weight lbs		
Type:	Continuous		

F147 Highest weight in past year (lbs)

In the past year, what was your highest weight?

Variable #	4	Usage Notes:	none
Sas Name:	WTMAX_7	Categories:	Medical History: Height/Weight History Physical Measurements: Height/Weight History
Sas Label:	Highest weight in past year (lbs)		
Type:	Continuous		

F147 Lowest weight in past year (lbs)

In the past year, what was your lowest weight?

Variable #	5	Usage Notes:	none
Sas Name:	WTMIN_7	Categories:	Medical History: Height/Weight History Physical Measurements: Height/Weight History
Sas Label:	Lowest weight in past year (lbs)		
Type:	Continuous		



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F147 Walk more than 10 minutes

Think about the walking you do outside the home. How often do you walk outside the home for more than 10 minutes without stopping? (Mark only one.)

Variable # 6

Sas Name: WALKSWK_7

Sas Label: Walk more than 10 minutes

Type: Categorical

Usage Notes: none

Categories: Physical Activity

Values

0	Rarely or never
1	1-3 times each month
2	1 time each week
3	2-3 times each week
4	4-6 times each week
5	7 or more times each week

F147 How many minutes walking

When you walk outside the home for more than 10 minutes without stopping, for how many minutes do you usually walk?

Variable # 7

Sas Name: MINSWALK_7

Sas Label: How many minutes walking

Type: Categorical

Usage Notes: Sub-question of F147 V1 Q4 "Walk more than 10 min".

Categories: Physical Activity

Values

1	Less than 20 minutes
2	20-39 minutes
3	40-59 minutes
4	1 hour or more

F147 Usual walking speed

What is your usual speed?

Variable # 8

Sas Name: WALKSPD_7

Sas Label: Usual walking speed

Type: Categorical

Usage Notes: Sub-question of F147 V1 Q4 "Walk more than 10 min".

Categories: Physical Activity

Values

2	Casual strolling or walking
3	Average or normal
4	Fairly fast
5	Very fast
9	Don't know

**F147 Strenuous exercise**

Not including walking outside the home, how often each week (7 days) do you usually do STRENUOUS OR VERY HARD EXERCISE (you work up a sweat and your heart beats fast)? For example, aerobics, aerobic dancing, jogging, tennis, swimming laps.

Variable # 9**Usage Notes:** none**Sas Name:** HDEXFREQ_7**Categories:** Physical Activity**Sas Label:** Strenuous exercise**Type:** Categorical**Values**

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week

F147 Strenuous/how long

How long do you usually exercise like this at one time?

Variable # 10**Usage Notes:** Sub-question of F147 V1 Q5 "Strenuous exercise".**Sas Name:** HARDMINS_7**Categories:** Physical Activity**Sas Label:** Strenuous/how long**Type:** Categorical**Values**

1	Less than 20 minutes
2	20-39 minutes
3	40-59 minutes
4	1 hour or more

F147 Moderate exercise

Not including walking outside the home, how often each week (7 days) do you usually do MODERATE EXERCISE (Not exhausting). For example, biking outdoors, use of an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular and folk dancing.

Variable # 11**Usage Notes:** none**Sas Name:** MDEXFREQ_7**Categories:** Physical Activity**Sas Label:** Moderate exercise**Type:** Categorical**Values**

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week



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F147 Moderate/ how long

How long do usually exercise like this at one time?

Variable # 12

Sas Name: MODMINS_7

Sas Label: Moderate/ how long

Type: Categorical

Usage Notes: Sub-question of F147 V1 Q6 "Moderate exercise".

Categories: Physical Activity

Values

1	Less than 20 minutes
2	20-39 minutes
3	40-59 minutes
4	1 hour or more

F147 Mild exercise

Not including walking outside the home, how often each week (7 days) do you usually do MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 13

Sas Name: MLEXFREQ_7

Sas Label: Mild exercise

Type: Categorical

Usage Notes: none

Categories: Physical Activity

Values

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week

F147 Mild /how long

How long do usually exercise like this at one time?

Variable # 14

Sas Name: MILDMINS_7

Sas Label: Mild /how long

Type: Categorical

Usage Notes: Sub-question of F147 V1 Q7 "Mild exercise".

Categories: Physical Activity

Values

1	Less than 20 minutes
2	20-39 minutes
3	40-59 minutes
4	1 hour or more



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F147 Smoke cigarettes now

Do you smoke cigarettes now?

Variable # 15
Sas Name: SMOKENW_7
Sas Label: Smoke cigarettes now
Type: Categorical

Usage Notes: none
Categories: Lifestyle: Smoking

Values

0	No
1	Yes

F147 How many cigarette per day

How many cigarettes do you usually smoke each day? (Mark one.)

Variable # 16
Sas Name: CIGSDAY_7
Sas Label: How many cigarette per day
Type: Categorical

Usage Notes: Sub-question of F147 V1 Q8 "Smoke cigarettes now".
Categories: Lifestyle: Smoking

Values

1	Less than 5
2	5-14
3	15-24
4	25-34
5	35-44
6	45 or more

F147 Meridia (Sibutramine)

Meridia (Sibutramine)

Variable # 17
Sas Name: WTLMERID_7
Sas Label: Meridia (Sibutramine)
Type: Categorical

Usage Notes: none
Categories: Medical History: Medications

Values

0	No
1	Yes

F147 Xenical (Orlistat)

Xenical (Orlistat)

Variable # 18
Sas Name: WTLXENCL_7
Sas Label: Xenical (Orlistat)
Type: Categorical

Usage Notes: none
Categories: Medical History: Medications

Values

0	No
1	Yes



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F147 Phentermine (Fastin)

Phentermine (Fastin)

Variable # 19

Sas Name: WTLPHENT_7

Sas Label: Phentermine (Fastin)

Type: Categorical

Usage Notes: none

Categories: Medical History: Medications

Values

0	No
1	Yes

F147 Other prescription weight loss meds

Other prescription weight loss medication

Variable # 20

Sas Name: WTLOTHER_7

Sas Label: Other prescription weight loss meds

Type: Categorical

Usage Notes: none

Categories: Medical History: Medications

Values

0	No
1	Yes

F147 Natural hormones in past year

In the past year, did you use any "natural" hormones that you can get without a doctor's prescription? These are usually made from plants and often obtained from health food stores or by mail order. They may be in the form of a pill, vaginal cream or suppository, skin cream or soy-enriched foods.

Variable # 21

Sas Name: NATHOR_7

Sas Label: Natural hormones in past year

Type: Categorical

Usage Notes: none

Categories: Medical History: Reproductive
Reproductive: Hormones

Values

0	No
1	Yes
9	Don't know

F147 Natural/wild yam cream

Wild yam cream

Variable # 22

Sas Name: YAMCRM_7

Sas Label: Natural/wild yam cream

Type: Categorical

Usage Notes: Sub-question of F147 V1 Q10 "Natural hormones in past year".

Categories: Medical History: Reproductive
Reproductive: Hormones

Values

0	No
1	Yes



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F147 Natural/Wild yam pills

Wild yam pills

Variable #	23	Usage Notes:	Sub-question of F147 V1 Q10 "Natural hormones in past year".
Sas Name:	YAMPLS_7	Categories:	Medical History: Reproductive Reproductive: Hormones
Sas Label:	Natural/Wild yam pills		
Type:	Categorical		
Values			
0	No		
1	Yes		

F147 Natural/Progesterone cream

Progesterone cream

Variable #	24	Usage Notes:	Sub-question of F147 V1 Q10 "Natural hormones in past year".
Sas Name:	PRGCRM_7	Categories:	Medical History: Reproductive Reproductive: Hormones
Sas Label:	Natural/Progesterone cream		
Type:	Categorical		
Values			
0	No		
1	Yes		

F147 Natural/Progest suppositories

Progesterone suppositories

Variable #	25	Usage Notes:	Sub-question of F147 V1 Q10 "Natural hormones in past year".
Sas Name:	PRGSUP_7	Categories:	Medical History: Reproductive Reproductive: Hormones
Sas Label:	Natural/Progest suppositories		
Type:	Categorical		
Values			
0	No		
1	Yes		

F147 Natural/DHEA pills

DHEA (dehydroepiandrosterone pills)

Variable #	26	Usage Notes:	Sub-question of F147 V1 Q10 "Natural hormones in past year".
Sas Name:	DHEAPL_7	Categories:	Medical History: Reproductive Reproductive: Hormones
Sas Label:	Natural/DHEA pills		
Type:	Categorical		
Values			
0	No		
1	Yes		



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F147 Natural/Phytoest pills/powder

Phytoestrogen pills or powder (soy or flax)

Variable #	27	Usage Notes:	Sub-question of F147 V1 Q10 "Natural hormones in past year".
Sas Name:	PHYPLS_7	Categories:	Medical History: Reproductive Reproductive: Hormones
Sas Label:	Natural/Phytoest pills/powder		
Type:	Categorical		
Values			
0	No		
1	Yes		

F147 Natural/Phytoestrogen creams

Phytoestrogen creams (soy or flax)

Variable #	28	Usage Notes:	Sub-question of F147 V1 Q10 "Natural hormones in past year".
Sas Name:	PHYCRM_7	Categories:	Medical History: Reproductive Reproductive: Hormones
Sas Label:	Natural/Phytoestrogen creams		
Type:	Categorical		
Values			
0	No		
1	Yes		

F147 Natural/Phytoestrogen foods

Phytoestrogen enriched foods (tofu, soybeans)

Variable #	29	Usage Notes:	Sub-question of F147 V1 Q10 "Natural hormones in past year".
Sas Name:	PHYFDS_7	Categories:	Medical History: Reproductive Reproductive: Hormones
Sas Label:	Natural/Phytoestrogen foods		
Type:	Categorical		
Values			
0	No		
1	Yes		

F147 Natural/Other

Other (Specify)

Variable #	30	Usage Notes:	Sub-question of F147 V1 Q10 "Natural hormones in past year".
Sas Name:	NTOTHR_7	Categories:	Medical History: Reproductive Reproductive: Hormones
Sas Label:	Natural/Other		
Type:	Categorical		
Values			
0	No		
1	Yes		



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F147 Natural/Don't know

Don't know

Variable # 31
Sas Name: NTDNTK_7
Sas Label: Natural/Don't know
Type: Categorical

Usage Notes: Sub-question of F147 V1 Q10 "Natural hormones in past year".
Categories: Medical History: Reproductive
Reproductive: Hormones

Values

0	No
1	Yes

F147 Use non-estrogen prescription?

In the past year, did you use any non-estrogen prescription treatments for hormone replacement? These may be prescribed to prevent osteoporosis and breast cancer and are sometimes called "designer estrogens" or selective estrogen receptor modulators (SERMs). Examples are Evista (Raloxifene) and Nolvadex (Tamoxifen).

Variable # 32
Sas Name: SRM_7
Sas Label: Use non-estrogen prescription?
Type: Categorical

Usage Notes: none
Categories: Medical History: Medications

Values

0	No
1	Yes
9	Don't know

F147 Evista (Raloxifene)

Evista (Raloxifene)

Variable # 33
Sas Name: SRMEVST_7
Sas Label: Evista (Raloxifene)
Type: Categorical

Usage Notes: Sub-question of F147 V1 Q11 "Use non-estrogen prescription?".
Categories: Medical History: Medications

Values

0	No
1	Yes

F147 Nolvadex (Tamoxifen)

Nolvadex (Tamoxifen)

Variable # 34
Sas Name: SRMNOLU_7
Sas Label: Nolvadex (Tamoxifen)
Type: Categorical

Usage Notes: Sub-question of F147 V1 Q11 "Use non-estrogen prescription?".
Categories: Medical History: Medications

Values

0	No
1	Yes



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F147 Other/ non-estrogen

Other (Specify)

Variable # 35**Usage Notes:** Sub-question of F147 V1 Q11 "Use non-estrogen prescription?".**Sas Name:** SRMOTHR_7**Categories:** Medical History: Medications**Sas Label:** Other/ non-estrogen**Type:** Categorical**Values**

0 No

1 Yes

F147 Don't know/non-estrogen

Don't know

Variable # 36**Usage Notes:** Sub-question of F147 V1 Q11 "Use non-estrogen prescription?".**Sas Name:** SRMDNTK_7**Categories:** Medical History: Medications**Sas Label:** Don't know/non-estrogen**Type:** Categorical**Values**

0 No

1 Yes

F147 Used female hormones/past year

In the past year, did you use any female hormones (ESTROGEN or PROGESTERONE [also called PROGESTIN] that were prescribed by a doctor? (This may have been in the form of a pill, skin patch, shots, or vaginal cream or suppository.)

Variable # 37**Usage Notes:** none**Sas Name:** HRPST1YR_7**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Sas Label:** Used female hormones/past year**Type:** Categorical**Values**

0 No

1 Yes

9 Don't know

F147 Comb estr/progest pills/patch

In the past year, did you use female hormone PILLS or PATCHES prescribed by a doctor which contained both ESTROGEN and progestin (PROGESTERONE) COMBINED in the same pill, patch, or package (for example, Prempro, Premphase)? (Do not include use of two separate estrogen and progestin pills used at the same time.)

Variable # 38**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".**Sas Name:** EPPLPA_7**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Sas Label:** Comb estr/progest pills/patch**Type:** Categorical**Values**

0 No

1 Yes

9 Don't know

**F147 Months comb estr/progesterone**

In the past year, how many months did you use COMBINED female hormone PILLS or PATCH which contained both ESTROGEN and PROGESTIN?

Variable # 39**Sas Name:** EPDUR_7**Sas Label:** Months comb estr/progesterone**Type:** Categorical**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".
Sub-question of F147 V1 Q13 "Comb estr/progest pills/patch".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

F147 Which estr/progest combination

Which combination did you use the longest?

Variable # 40**Sas Name:** EPTYPE_7**Sas Label:** Which estr/progest combination**Type:** Categorical**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".
Sub-question of F147 V1 Q13 "Comb estr/progest pills/patch".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1	Prempro
2	CombiPatch
3	Premphase
8	Other (Specify):

F147 Combined estr/testost pills

In the past year, did you use female hormone PILLS prescribed by a doctor which contained both ESTROGEN and TESTOSTERONE COMBINED in the same pill (for example, Estratest)?

Variable # 41**Sas Name:** ETPL_7**Sas Label:** Combined estr/testost pills**Type:** Categorical**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

0	No
1	Yes
9	Don't know

**F147 Months used estr/testost pills**

In the past year, how many months did you use COMBINED female hormone PILLS which contained both ESTROGEN and TESTOSTERONE?

Variable # 42**Sas Name:** ETDUR_7**Sas Label:** Months used estr/testost pills**Type:** Categorical**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".
Sub-question of F147 V1 Q14 "Combined estr/testost pills".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

F147 Estr/testost pill used longest

In the past year, what type of COMBINED ESTROGEN and TESTOSTERONE pill did you use the longest?

Variable # 43**Sas Name:** ETTYPE_7**Sas Label:** Estr/testost pill used longest**Type:** Categorical**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".
Sub-question of F147 V1 Q14 "Combined estr/testost pills".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1	Estratest
2	Estratest HS
8	Other (Specify):
9	Don't know

F147 Estrogen pill,patch,cream,shot

In the past year, did you use any ESTROGEN pill, patch, cream or shots (other than the combination described in Qxs 13 and 14)?

Variable # 44**Sas Name:** E_7**Sas Label:** Estrogen pill,patch,cream,shot**Type:** Categorical**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

0	No
1	Yes
9	Don't know

F147 Did you use any Estrogen pill

Did you use an estrogen pill?

Variable # 45**Sas Name:** EPL_7**Sas Label:** Did you use any Estrogen pill**Type:** Categorical**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".
Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

0	No
1	Yes



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F147 Months used estrogen pills

For how many months did you use the Estrogen pills?

Variable # 46**Sas Name:** EPLDUR_7**Sas Label:** Months used estrogen pills**Type:** Categorical**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".
Sub-question of F147 V1 Q15.1 "Did you use any Estrogen pill".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F147 Kind of estrogen pills**

What kind did you take? (Mark the one used the longest if you used more than one kind.)

Variable # 47**Sas Name:** EPLTYPE_7**Sas Label:** Kind of estrogen pills**Type:** Categorical**Values**

1	Premarin or conjugated equine estrogens
2	Estrace or estradiol
3	Ogen or estropipate
4	Estratab or esterified estrogens
8	Other (Specify):
9	Don't know

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".
Sub-question of F147 V1 Q15.1 "Did you use any Estrogen pill".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F147 Did you use an estrogen patch?**

Did you use an estrogen patch?

Variable # 48**Sas Name:** EPCH_7**Sas Label:** Did you use an estrogen patch?**Type:** Categorical**Values**

0	No
1	Yes

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".
On forms 143-145 this variable reflects estrogen use with or without progesterone.**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones



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F147 How many months used patch?

For how many months did you use the patch?

Variable #	49
Sas Name:	EPCHDUR_7
Sas Label:	How many months used patch?
Type:	Categorical
Values	
1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".
Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".
Sub-question of F147 V1 Q15.4 "Did you use an estrogen patch?".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F147 Did you use an estrogen cream?

Did you use an estrogen cream?

Variable #	50
Sas Name:	ECRM_7
Sas Label:	Did you use an estrogen cream?
Type:	Categorical
Values	
0	No
1	Yes

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".
Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F147 How many months used cream?

For how many months did you use the cream?

Variable #	51
Sas Name:	ECRMDUR_7
Sas Label:	How many months used cream?
Type:	Categorical
Values	
1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".
Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".
Sub-question of F147 V1 Q15.6 "Did you use an estrogen cream?".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F147 Estrogen shots

Did you have estrogen shots?

Variable #	52
Sas Name:	ESHT_7
Sas Label:	Estrogen shots
Type:	Categorical
Values	
0	No
1	Yes

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".
Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

**F147 Months took estrogen shots**

For how many months did you have the shots?

Variable # 53**Sas Name:** ESHTDUR_7**Sas Label:** Months took estrogen shots**Type:** Categorical**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".
Sub-question of F147 V1 Q15.8 "Estrogen shots".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F147 Progesterone pill, cream shot**

In the past year, did you use any PROGESTERONE or PROGESTIN pill, cream, or shots (other than the combinations described in Question 13)?

Variable # 54**Sas Name:** P_7**Sas Label:** Progesterone pill, cream shot**Type:** Categorical**Values**

0	No
1	Yes
9	Don't know

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F147 Progesterone pill or capsule**

Did you use a progesterone or progestin pill or capsule?

Variable # 55**Sas Name:** PPL_7**Sas Label:** Progesterone pill or capsule**Type:** Categorical**Values**

0	No
1	Yes

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".

Sub-question of F147 V1 Q16 "Progesterone pill, cream shot".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F147 Months progesterone pill/ caps**

For how many months did you use the pill or capsule?

Variable # 56**Sas Name:** PPLDUR_7**Sas Label:** Months progesterone pill/ caps**Type:** Categorical**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".Sub-question of F147 V1 Q16 "Progesterone pill, cream shot".
Sub-question of F147 V1 Q16.1 "Progesterone pill or capsule".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones



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F147 Kind of progesterone

What kind did you take (Mark the one used the longest if you used more than one kind)?

Variable # 57**Sas Name:** PPLTYPE_7**Sas Label:** Kind of progesterone**Type:** Categorical**Values**

1	Provera,Cycrin,Amen,Medroxyprogestrone
3	Prometrium
8	Other (Specify):
9	Don't know

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".Sub-question of F147 V1 Q16 "Progesterone pill, cream shot".
Sub-question of F147 V1 Q16.1 "Progesterone pill or capsule".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F147 Progest pills days per month**

How many days per month did you use it?

Variable # 58**Sas Name:** PPLDAY_7**Sas Label:** Progest pills days per month**Type:** Categorical**Values**

1	Less than 1 day
2	1-9 days
3	10-12 days
4	13-18 days
5	19-27 days
6	28 or more days

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".Sub-question of F147 V1 Q16 "Progesterone pill, cream shot".
Sub-question of F147 V1 Q16.1 "Progesterone pill or capsule".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F147 Progesterone/Progestin cream**

Did you use a progesterone or progestin cream?

Variable # 59**Sas Name:** PCRM_7**Sas Label:** Progesterone/Progestin cream**Type:** Categorical**Values**

0	No
1	Yes

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".

Sub-question of F147 V1 Q16 "Progesterone pill, cream shot".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

**F147 Months used progesterone cream**

For how many months did you use progesterone or progestin cream?

Variable # 60**Sas Name:** PCRM DUR_7**Sas Label:** Months used progesterone cream**Type:** Categorical**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".

Sub-question of F147 V1 Q16 "Progesterone pill, cream shot".

Sub-question of F147 V1 Q16.5 "Progesterone/Progestin cream".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F147 Have progesterone shots**

Did you have progesterone or progestin shots?

Variable # 61**Sas Name:** PSHT_7**Sas Label:** Have progesterone shots**Type:** Categorical**Values**

0	No
1	Yes

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".

Sub-question of F147 V1 Q16 "Progesterone pill, cream shot".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F147 Months used progesterone shots**

For how many months did you have progesterone or progestin shots?

Variable # 62**Sas Name:** PSHT DUR_7**Sas Label:** Months used progesterone shots**Type:** Categorical**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".

Sub-question of F147 V1 Q16 "Progesterone pill, cream shot".

Sub-question of F147 V1 Q16.7 "Have progesterone shots".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F147 Cataract(s)**

Cataracts(s)

Variable # 63**Sas Name:** CATARACT_7**Sas Label:** Cataract(s)**Type:** Categorical**Values**

0	No
1	Yes

Usage Notes: none**Categories:** Medical History: Other Disease/Condition



WHI Follow-Up Dataset
Form 147 - OS Questionnaire Year 7

Data File: f147_av7_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F147 Macular degeneration of retina

Macular degeneration of the retina

Variable #	64	Usage Notes:	none
Sas Name:	MACDEGNR_7	Categories:	Medical History: Other Disease/Condition
Sas Label:	Macular degeneration of retina		
Type:	Categorical		
Values			
0	No		
1	Yes		

F147 Asthma

Asthma

Variable #	65	Usage Notes:	none
Sas Name:	ASTHMA_7	Categories:	Medical History: Other Disease/Condition
Sas Label:	Asthma		
Type:	Categorical		
Values			
0	No		
1	Yes		

F147 Emphysema / chronic bronchitis

Emphysema or chronic bronchitis

Variable #	66	Usage Notes:	none
Sas Name:	EMPHYSEM_7	Categories:	Medical History: Other Disease/Condition
Sas Label:	Emphysema / chronic bronchitis		
Type:	Categorical		
Values			
0	No		
1	Yes		

F147 Heart Failure

Heart failure or congestive heart failure

Variable #	67	Usage Notes:	none
Sas Name:	CHF_7	Categories:	Medical History: Cardiovascular
Sas Label:	Heart Failure		
Type:	Categorical		
Values			
0	No		
1	Yes		



WHI Follow-Up Dataset
Form 147 - OS Questionnaire Year 7

Data File: f147_av7_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F147 Angina

Angina (chest pains from the heart)

Variable #	68	Usage Notes:	none
Sas Name:	ANGINA_7	Categories:	Medical History: Cardiovascular
Sas Label:	Angina		
Type:	Categorical		
Values			
0	No		
1	Yes		

F147 Atrial fibrillation

Atrial fibrillation

Variable #	69	Usage Notes:	none
Sas Name:	ATRIALFB_7	Categories:	Medical History: Cardiovascular
Sas Label:	Atrial fibrillation		
Type:	Categorical		
Values			
0	No		
1	Yes		

F147 Kidney or bladder stones

Kidney or bladder stones (renal or urinary calculi)

Variable #	70	Usage Notes:	none
Sas Name:	KIDNEYST_7	Categories:	Medical History: Other Disease/Condition
Sas Label:	Kidney or bladder stones		
Type:	Categorical		
Values			
0	No		
1	Yes		

F147 Dialysis for kidney failure

Dialysis for kidney or renal failure

Variable #	71	Usage Notes:	none
Sas Name:	KIDDIALY_7	Categories:	Medical History: Other Disease/Condition
Sas Label:	Dialysis for kidney failure		
Type:	Categorical		
Values			
0	No		
1	Yes		



WHI Follow-Up Dataset
Form 147 - OS Questionnaire Year 7

Data File: f147_av7_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F147 Stomach or duodenal ulcer

Stomach or duodenal ulcer

Variable # 72
Sas Name: STOMULCR_7
Sas Label: Stomach or duodenal ulcer
Type: Categorical

Usage Notes: none
Categories: Medical History: Other Disease/Condition

Values

0	No
1	Yes

F147 Diverticulitis

Diverticulitis

Variable # 73
Sas Name: DIVERTIC_7
Sas Label: Diverticulitis
Type: Categorical

Usage Notes: none
Categories: Medical History: Other Disease/Condition

Values

0	No
1	Yes

F147 Pancreatitis

Pancreatitis (inflamed pancreas)

Variable # 74
Sas Name: PANCREAT_7
Sas Label: Pancreatitis
Type: Categorical

Usage Notes: none
Categories: Medical History: Other Disease/Condition

Values

0	No
1	Yes

F147 Liver disease

Liver disease (chronic active hepatitis, cirrhosis, or yellow jaundice)

Variable # 75
Sas Name: LIVRDIS_7
Sas Label: Liver disease
Type: Categorical

Usage Notes: none
Categories: Medical History: Other Disease/Condition

Values

0	No
1	Yes



WHI Follow-Up Dataset
Form 147 - OS Questionnaire Year 7

Data File: f147_av7_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F147 Overactive thyroid

Overactive thyroid

Variable #	76	Usage Notes:	none
Sas Name:	OVRTHY_7	Categories:	Medical History: Thyroid
Sas Label:	Overactive thyroid		
Type:	Categorical		

Values	
0	No
1	Yes

F147 Underactive thyroid

Underactive thyroid

Variable #	77	Usage Notes:	none
Sas Name:	UNDTHY_7	Categories:	Medical History: Thyroid
Sas Label:	Underactive thyroid		
Type:	Categorical		

Values	
0	No
1	Yes

F147 Alzheimer's disease

Alzheimer's disease

Variable #	78	Usage Notes:	none
Sas Name:	ALZHEIM_7	Categories:	Medical History: Other Disease/Condition
Sas Label:	Alzheimer's disease		
Type:	Categorical		

Values	
0	No
1	Yes

F147 Multiple sclerosis

Multiple sclerosis

Variable #	79	Usage Notes:	none
Sas Name:	MS_7	Categories:	Medical History: Other Disease/Condition
Sas Label:	Multiple sclerosis		
Type:	Categorical		

Values	
0	No
1	Yes



WHI Follow-Up Dataset
Form 147 - OS Questionnaire Year 7

Data File: f147_av7_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F147 Parkinson's disease

Parkinson's disease

Variable # 80
Sas Name: PARKINS_7
Sas Label: Parkinson's disease
Type: Categorical

Usage Notes: none
Categories: Medical History: Other Disease/Condition

Values

0	No
1	Yes

F147 ALS/Lou gehrig's disease

Amyotrophic Lateral Sclerosis (ALS, motor neuron disease, or Lou Gehrig's disease)

Variable # 81
Sas Name: ALS_7
Sas Label: ALS/Lou gehrig's disease
Type: Categorical

Usage Notes: none
Categories: Medical History: Other Disease/Condition

Values

0	No
1	Yes

F147 Ever diagnosed with breast cancer

Have you ever been diagnosed with breast cancer?

Variable # 82
Sas Name: BRCA_7
Sas Label: Ever diagnosed with breast cancer
Type: Categorical

Usage Notes: none
Categories: Medical History: Breast

Values

0	No
1	Yes
9	Don't know



WHI Follow-Up Dataset
Form 147 - OS Questionnaire Year 7

Data File: f147_av7_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F147 Age decade at breast cancer diagnosis

At what age were you diagnosed?

Variable # 83

Sas Name: BRCAAGE_7

Sas Label: Age decade at breast cancer diagnosis

Type: Categorical

Usage Notes: Sub-question of F147 V1 Q18 "Ever diagnosed w/breast cancer".

Categories: Medical History: Breast

Values

0	1 to 9 years of age
10	10 to 19 years of age
20	20 to 29 years of age
30	30 to 39 years of age
40	40 to 49 years of age
50	50 to 59 years of age
60	60 to 69 years of age
70	70 to 79 years of age
80	80 to 89 years of age
90	90 to 99 years of age

F147 Spouse/partner die

Did your spouse or partner die?

Variable # 84

Sas Name: SPOUSDIE_7

Sas Label: Spouse/partner die

Type: Categorical

Usage Notes: none

Categories: Psychosocial/Behavioral

Values

0	No
1	Not too much
2	Moderate/Medium
3	Very much

F147 Spouse/partner ill

Did your spouse or partner have a serious illness?

Variable # 85

Sas Name: SPOUSILL_7

Sas Label: Spouse/partner ill

Type: Categorical

Usage Notes: none

Categories: Psychosocial/Behavioral

Values

0	No
1	Not too much
2	Moderate/Medium
3	Very much



WHI Follow-Up Dataset
Form 147 - OS Questionnaire Year 7

Data File: f147_av7_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F147 Close friend/family die

Did a close friend or family member die or have a serious illness (other than your spouse or partner)?

Variable #	86	Usage Notes:	none
Sas Name:	FRIENDIE_7	Categories:	Psychosocial/Behavioral
Sas Label:	Close friend/family die		
Type:	Categorical		

Values	
0	No
1	Not too much
2	Moderate/Medium
3	Very much

F147 Money problems

Did you have any major problems with money?

Variable #	87	Usage Notes:	none
Sas Name:	MONPROB_7	Categories:	Psychosocial/Behavioral
Sas Label:	Money problems		
Type:	Categorical		

Values	
0	No
1	Not too much
2	Moderate/Medium
3	Very much

F147 Divorce/break-up

Did you have a divorce or break-up with a spouse or partner?

Variable #	88	Usage Notes:	none
Sas Name:	DIVORCE_7	Categories:	Psychosocial/Behavioral
Sas Label:	Divorce/break-up		
Type:	Categorical		

Values	
0	No
1	Not too much
2	Moderate/Medium
3	Very much



WHI Follow-Up Dataset
Form 147 - OS Questionnaire Year 7

Data File: f147_av7_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F147 Close friend/family divorce

Did a family member or close friend have a divorce or break-up?

Variable # 89
Sas Name: FRNDIV_7
Sas Label: Close friend/family divorce
Type: Categorical

Usage Notes: none
Categories: Psychosocial/Behavioral

Values

0	No
1	Not too much
2	Moderate/Medium
3	Very much

F147 Conflict with children

Did you have a major conflict with children or grandchildren?

Variable # 90
Sas Name: CHILCON_7
Sas Label: Conflict with children
Type: Categorical

Usage Notes: none
Categories: Psychosocial/Behavioral

Values

0	No
1	Not too much
2	Moderate/Medium
3	Very much

F147 Accident, disaster, etc.

Do you have any major accident, disasters, muggings, unwanted sexual experiences, robberies, or similar events?

Variable # 91
Sas Name: MAJACC_7
Sas Label: Accident, disaster, etc.
Type: Categorical

Usage Notes: none
Categories: Psychosocial/Behavioral

Values

0	No
1	Not too much
2	Moderate/Medium
3	Very much



WHI Follow-Up Dataset
Form 147 - OS Questionnaire Year 7

Data File: f147_av7_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F147 Friend or family lose job/retire

Did you or a family member or close friend lose their job or retire?

Variable # 92
Sas Name: FRNJOB_7
Sas Label: Friend/family lose job/retire
Type: Categorical

Usage Notes: none
Categories: Psychosocial/Behavioral

Values

0	No
1	Not too much
2	Moderate/Medium
3	Very much

F147 Physically abused

Were you physically abused by being hit, slapped, pushed, shoved, punched, or threatened with a weapon by a family member or close friend?

Variable # 93
Sas Name: PHYAB_7
Sas Label: Physically abused
Type: Categorical

Usage Notes: none
Categories: Psychosocial/Behavioral

Values

0	No
1	Not too much
2	Moderate/Medium
3	Very much

F147 Verbally abused

Were you verbally abused by being made fun of, severely criticized, told you were a stupid or worthless person, or threatened with harm to yourself, you possessions, or your pets, by a family member or close friend?

Variable # 94
Sas Name: VERBAB_7
Sas Label: Verbally abused
Type: Categorical

Usage Notes: none
Categories: Psychosocial/Behavioral

Values

0	No
1	Not too much
2	Moderate/Medium
3	Very much

**F147 Pet die**

Did a pet die?

Variable # 95**Usage Notes:** none**Sas Name:** PETDIE_7**Categories:** Psychosocial/Behavioral**Sas Label:** Pet die**Type:** Categorical**Values**

0	No
1	Not too much
2	Moderate/Medium
3	Very much

F147 Helping sick/frail family

Are you now helping at least one sick, limited, or frail family member or friend on a regular basis?

Variable # 96**Usage Notes:** none**Sas Name:** HLPSICK_7**Categories:** Psychosocial/Behavioral**Sas Label:** Helping sick/frail family**Type:** Categorical**Values**

0	No
1	Yes

F147 How often helped friend/family

In the past 4 weeks, how often have you helped this friend or family member?

Variable # 97**Usage Notes:** Sub-question of F147 V1 Q20 "Helping sick/frail family".**Sas Name:** HLPSICKT_7**Categories:** Psychosocial/Behavioral**Sas Label:** How often helped friend/family**Type:** Categorical**Values**

1	Less than once a week
2	1-2 times a week
3	3-4 times a week
4	5 or more times a week

F147 Mother born in US

Was your mother born in the United States or outside of the United States?

Variable # 98**Usage Notes:** none**Sas Name:** MOMUSBRN_7**Categories:** Family**Sas Label:** Mother born in US**Type:** Categorical**Values**

1	In the US
2	Outside the US

**F147 Mother US birth region**

What region?

Variable # 99**Sas Name:** MOMUSREG_7**Sas Label:** Mother US birth region**Type:** Categorical**Usage Notes:** Sub-question of F147 V1 Q21 "Mother born in US" (skip pattern rule not applied).**Categories:** Family**Values**

1	Northeast
2	South
3	Midwest
4	West

F147 Mother international birth region

Which area?

Variable # 100**Sas Name:** MOMWORLD_7**Sas Label:** Mother international birth region**Type:** Categorical**Usage Notes:** Sub-question of F147 V1 Q21.1 "US birth region" (skip pattern rule not applied).**Categories:** Family**Values**

1	Canada
2	Europe
3	Eastern Europe
4	Mid East/N. Africa
5	Africa (not N. Africa)
6	Caribbean/W. Indies
7	Mexico
8	Central/South America
9	Cuba
10	Puerto Rico
11	China
12	Japan
13	SE Asia
14	Australia/Oceania
88	Other

F147 Biological mother

Was this your biological (birth) mother?

Variable # 101**Sas Name:** BIRTHMOM_7**Sas Label:** Biological mother**Type:** Categorical**Usage Notes:** none**Categories:** Family**Values**

0	No
1	Yes



WHI Follow-Up Dataset
Form 147 - OS Questionnaire Year 7

Data File: f147_av7_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F147 Father born in US

Was your father born in the United States or outside of the United States?

Variable # 102
Sas Name: DADUSBRN_7
Sas Label: Father born in US
Type: Categorical

Usage Notes: none
Categories: Family

Values

1	In the US
2	Outside the US

F147 Father US birth region

Which region?

Variable # 103
Sas Name: DADUSREG_7
Sas Label: Father US birth region
Type: Categorical

Usage Notes: Sub-question of F147 V1 Q22 "Father born in US" (skip pattern rule not applied).
Categories: Family

Values

1	Northeast
2	South
3	Midwest
4	West

F147 Father international birth region

Which area?

Variable # 104
Sas Name: DADWORLD_7
Sas Label: Father international birth region
Type: Categorical

Usage Notes: Sub-question of F147 V1 Q22.1 "US birth region" (skip pattern rule not applied).
Categories: Family

Values

1	Canada
2	Europe
3	Eastern Europe
4	Mid East or N. Africa
5	Africa (not N. Africa)
6	Caribbean or W. Indies
7	Mexico
8	Central/S America
9	Cuba
10	Puerto Rico
11	China
12	Japan
13	SE Asia
14	Australia/Oceania
88	Other



WHI Follow-Up Dataset
Form 147 - OS Questionnaire Year 7

Data File: f147_av7_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F147 Biological father

Was this your biological (birth) father?

Variable #	105	Usage Notes:	none
Sas Name:	BIRTHDAD_7	Categories:	Family
Sas Label:	Biological father		
Type:	Categorical		

Values	
0	No
1	Yes

F147 Current marital status

What is your current marital status? (Mark the one that best describes you.)

Variable #	106	Usage Notes:	none
Sas Name:	MARITAL_7	Categories:	Demographic
Sas Label:	Current marital status		
Type:	Categorical		

Values	
1	Never married
2	Divorced or separated
3	Widowed
4	Presently married
5	Living in a marriage like relationship

Recreational phys activity per week

Computed from Form 147, questions 4, 5, 6, and 7. Total number of episodes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable #	107	Usage Notes:	none
Sas Name:	TEPIWK_7	Categories:	Computed Variables Physical Activity
Sas Label:	Recreational phys activity per week		
Type:	Continuous		

Recr. phys activity per week >= 20 Min

Computed from Form 147, questions 4, 4.1, 5, 5.1, 6, 6.1, 7, 7.1 and 7.6. Episodes per week of recreational physical activity of >=20 minutes duration (includes walking, mild, moderate and strenuous physical activity).

Variable #	108	Usage Notes:	none
Sas Name:	LEPITOT_7	Categories:	Computed Variables Physical Activity
Sas Label:	Recr. phys activity per week >= 20 Min		
Type:	Continuous		



Form 147 - OS Questionnaire Year 7

Data File: f147_av7_os_pub

File Date: 07/26/2007

Structure: One row per participant

Population: OS participants

Mod. to strenuous phys activity per week

Computed from Form 147, questions 6.2, 7.1, and 7.3. Episodes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 109

Usage Notes: none

Sas Name: MSEPIWK_7

Sas Label: Mod. to strenuous phys activity per week

Categories: Computed Variables
Physical ActivityType: Continuous

Mod-stren activity > 20 min/week

Computed from Form 147, questions 4, 4.1, 4.2, 5.1, 5.2, 5.3 and 5.4. Episodes per week of moderate and strenuous recreational physical activity of >=20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 110

Usage Notes: none

Sas Name: XLMSEPI_7

Sas Label: Mod-stren activity > 20 min/week

Categories: Computed Variables
Physical ActivityType: Continuous

Mod-stren activity >20 min/week (categ)

Computed from Form 147, questions 4, 4.1, 4.2, 5.1, 5.2, 5.3, and 5.4. Categorical variable of episodes per week of moderate and strenuous recreational physical activity of >= 20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity). Computed from XLMSEPI and TEPIWK.

Variable # 111

Usage Notes: none

Sas Name: LMSEPI_7

Sas Label: Mod-stren activity >20 min/week (categ)

Categories: Computed Variables
Physical Activity

Type: Categorical

Values

1	No activity
2	Some activity of limited duration
3	2 to <4 episodes per week
4	4 episodes per week

Strenuous activity episodes per week

Computed from Form 147, question 7.1. Episodes per week of strenuous recreational physical activity.

Variable # 112

Usage Notes: none

Sas Name: SEPIWK_7

Sas Label: Strenuous activity episodes per week

Categories: Computed Variables
Physical Activity

Type: Categorical

Values

0	0
1	1
2	2
3	3
4	4
6	5 or more



WHI Follow-Up Dataset
Form 147 - OS Questionnaire Year 7

Data File: f147_av7_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

Minutes of recr. phys activity per week

Computed from Form 147, questions 6, 6.1, 7.1, 7.2, 7.3, 7.4, 7.5, and 7.6. Total minutes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable #	113	Usage Notes:	none
Sas Name:	TMINWK_7		
Sas Label:	Minutes of recr. phys activity per week	Categories:	Computed Variables Physical Activity
Type:	Continuous		

Minutes of mod-stren activity per week

Computed from Form 147, questions 6, 6.2, 7.1, and 7.3. Minutes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable #	114	Usage Notes:	none
Sas Name:	MSMINWK_7		
Sas Label:	Minutes of mod-stren activity per week	Categories:	Computed Variables Physical Activity
Type:	Continuous		

Minutes of stren. phys activity per week

Computed from Form 147, questions 7.1 and 7.2. Minutes per week of strenuous recreational physical activity.

Variable #	115	Usage Notes:	none
Sas Name:	SMINWK_7		
Sas Label:	Minutes of stren. phys activity per week	Categories:	Computed Variables Physical Activity
Type:	Continuous		

Total MET-hours per week

Computed from Form 147, questions 6, 6.1, 6.2, 7.1, 7.2, 7.3, 7.4, 7.5, and 7.6. Total MET-hours per week. Expenditure of energy from recreational physical activity (includes walking, mild, moderate and strenuous physical activity in kcal/week/kg).

Variable #	116	Usage Notes:	none
Sas Name:	TEXPWK_7		
Sas Label:	Total MET-hours per week	Categories:	Computed Variables Physical Activity
Type:	Continuous		

MET-hours per week from walking

Computed from Form 147, questions 6, 6.1, and 6.2. Expenditure of energy from physical activity from walking in kcal/week/kg (MET-hours per week).

Variable #	117	Usage Notes:	none
Sas Name:	WALKEXP_7		
Sas Label:	MET-hours per week from walking	Categories:	Computed Variables Physical Activity
Type:	Continuous		



WHI Follow-Up Dataset
Form 147 - OS Questionnaire Year 7

Data File: f147_av7_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

Energy expend from avg walking

Computed from Form 147, questions 4, 4.1 and 4.2. Energy expenditure from average walking (2-3 mph) in MET-hours per week. If question 6.2 (speed of walking) was marked as *„don't know“* or was missing, the speed was assumed to be 2-3 mph.

Variable #	118	Usage Notes:	none
Sas Name:	AVWKEXP_7	Categories:	Computed Variables Physical Activity
Sas Label:	Energy expend from avg walking		
Type:	Continuous		

Energy expend from walking fairly fast

Computed from Form 147, questions 4, 4.1 and 4.2. Energy expenditure form walking fairly fast (3-4 mph) in MET-hours per week.

Variable #	119	Usage Notes:	none
Sas Name:	FFWKEXP_7	Categories:	Computed Variables Physical Activity
Sas Label:	Energy expend fr walking fairly fast		
Type:	Continuous		

Energy expend from walking very fast

Computed from Form 147, questions 4, 4.1, and 4.2. Energy expenditure from walking very fast (> 4 mph) in MET-hours per week.

Variable #	120	Usage Notes:	none
Sas Name:	VFWKEXP_7	Categories:	Computed Variables Physical Activity
Sas Label:	Energy expend from walking very fast		
Type:	Continuous		

Energy expenditure from hard exercise

Computed from Form 147, questions 5.1 and 5.2. Energy expenditure from strenuous or very hard exercise (for example, aerobics, aerobic dancing, jogging, tennis, swimming laps) in MET-hours per week.

Variable #	121	Usage Notes:	none
Sas Name:	HARDEXP_7	Categories:	Computed Variables Physical Activity
Sas Label:	Energy expenditure from hard exercise		
Type:	Continuous		

Energy expenditure from mod. exercise

Computed from Form 147, questions 5.3 and 5.4. Energy expenditure from moderate exercise (for example, biking outdoors, using an exercise machine, calisthenics, easy swimming, popular or folk dancing) in MET-hours per week.

Variable #	122	Usage Notes:	none
Sas Name:	MODEXP_7	Categories:	Computed Variables Physical Activity
Sas Label:	Energy expend from moderate exercise		
Type:	Continuous		



WHI Follow-Up Dataset
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Data File: f147_av7_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

Energy expenditure from mild exercise

Computed from Form 147, questions 5.5 and 5.6. Energy expenditure from mild exercise (for example, slow dancing, bowling, golf) in MET-hours per week.

Variable #	123	Usage Notes:	none
Sas Name:	MILDEXP_7	Categories:	Computed Variables Physical Activity
Sas Label:	Energy expenditure from mild exercise		
Type:	Continuous		

Estrogen use last year

Variable #	124	Usage Notes:	none
Sas Name:	EST_7	Categories:	Computed Variables Reproductive: Hormones
Sas Label:	Estrogen use last year		
Type:	Categorical		

Values

0	No
1	Yes

Progesterone use last year

Variable #	125	Usage Notes:	none
Sas Name:	PRG_7	Categories:	Computed Variables Reproductive: Hormones
Sas Label:	Progesterone use last year		
Type:	Categorical		

Values

0	No
1	Yes

Hormone use last year (estrog. or progest.)

Variable #	126	Usage Notes:	none
Sas Name:	HRT_7	Categories:	Computed Variables Reproductive: Hormones
Sas Label:	Hormone use last year (estrogen or progesterone)		
Type:	Categorical		

Values

0	No
1	Yes